

1 CLAIMS

I claim:

1. A message device, comprising:  
an elongated handle having first and second ends;  
5 and a ball secured to said second end of said handle.

2. The message device of claim 1 wherein said handle is flexible.

3. The message device of claim 1 wherein said first end of said handle has  
a hand-gripping portion thereon.

10 4. The message device of claim 3 wherein said hand-gripping portion  
includes an opening adapted to receive fingers therein.

5. The message device of claim 2 wherein said handle is comprised of a  
plastic material.

15 6. The message device of claim 1 wherein said ball is resilient.

7. The message device of claim 1 wherein said ball comprises a tennis ball.

8. The message device of claim 1 wherein said ball is movably mounted on  
said second end of said handle.

20 9. The message device of claim 1 wherein said ball is resilient and is  
secured to said second end of said handle by a net material extending around said  
ball.

10. The message device of claim 9 wherein said ball comprises a tennis ball.

25 11. The message device of claim 3 wherein said hand-gripping portion is  
generally V-shaped.

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12. The massage device of claim 1 wherein said handle is generally flat.

13. The massage device of claim 12 wherein said handle is flexible.

14. The massage device of claim 13 wherein said handle is comprised of a  
plastic material.

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